



Dear Fellow State Employee,

HAPPY HOLIDAYS to all of you from all of us at **Working On Wellness**. Please remember during this busy and stressful time to take care of yourself by eating nutritiously and exercising.

Check our website at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html for tips and information on how to "de-stress" and take control during the holiday season.

Also, be sure to check "discounts" on the **WOW** home page for new and continuing pedometer and health club programs.

Wishing you a **Happy** and **Healthy NEW YEAR !!**

YOUR WOW TEAM